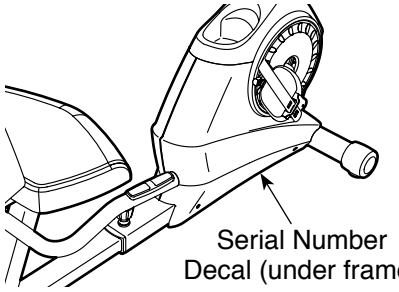
PRO-FORM® 210 CSX

www.proform.com

Model No. PFEX72411.1
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

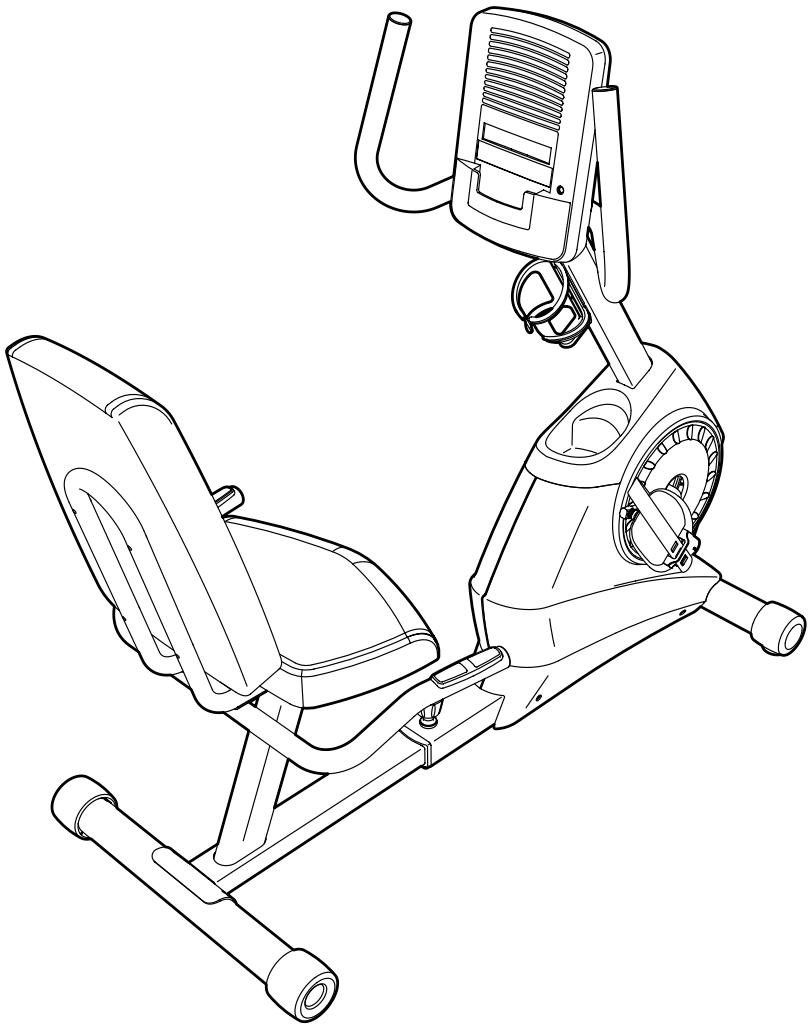
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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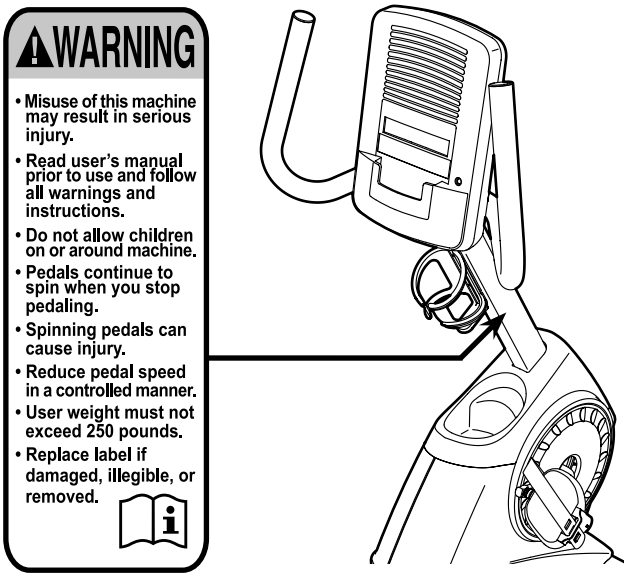
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 250 pounds.
• Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

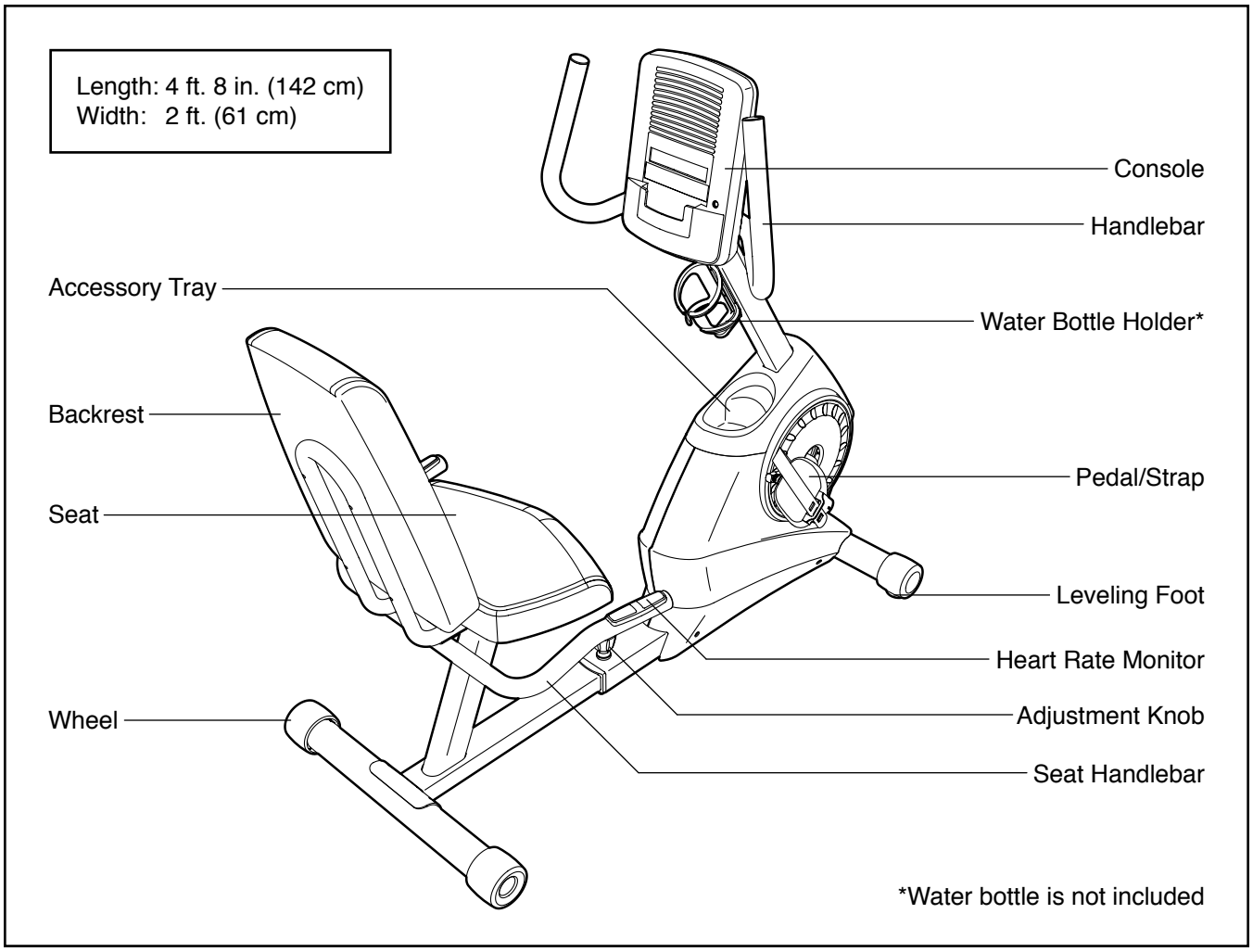
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the exercise bike only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.**
4. **The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.**
5. **Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.**
6. **Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the exercise bike at all times.**
9. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.**
10. **The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).**
11. **Always keep your back straight while using the exercise bike; do not arch your back.**
12. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
13. **The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
14. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 210 CSX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 210 CSX exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

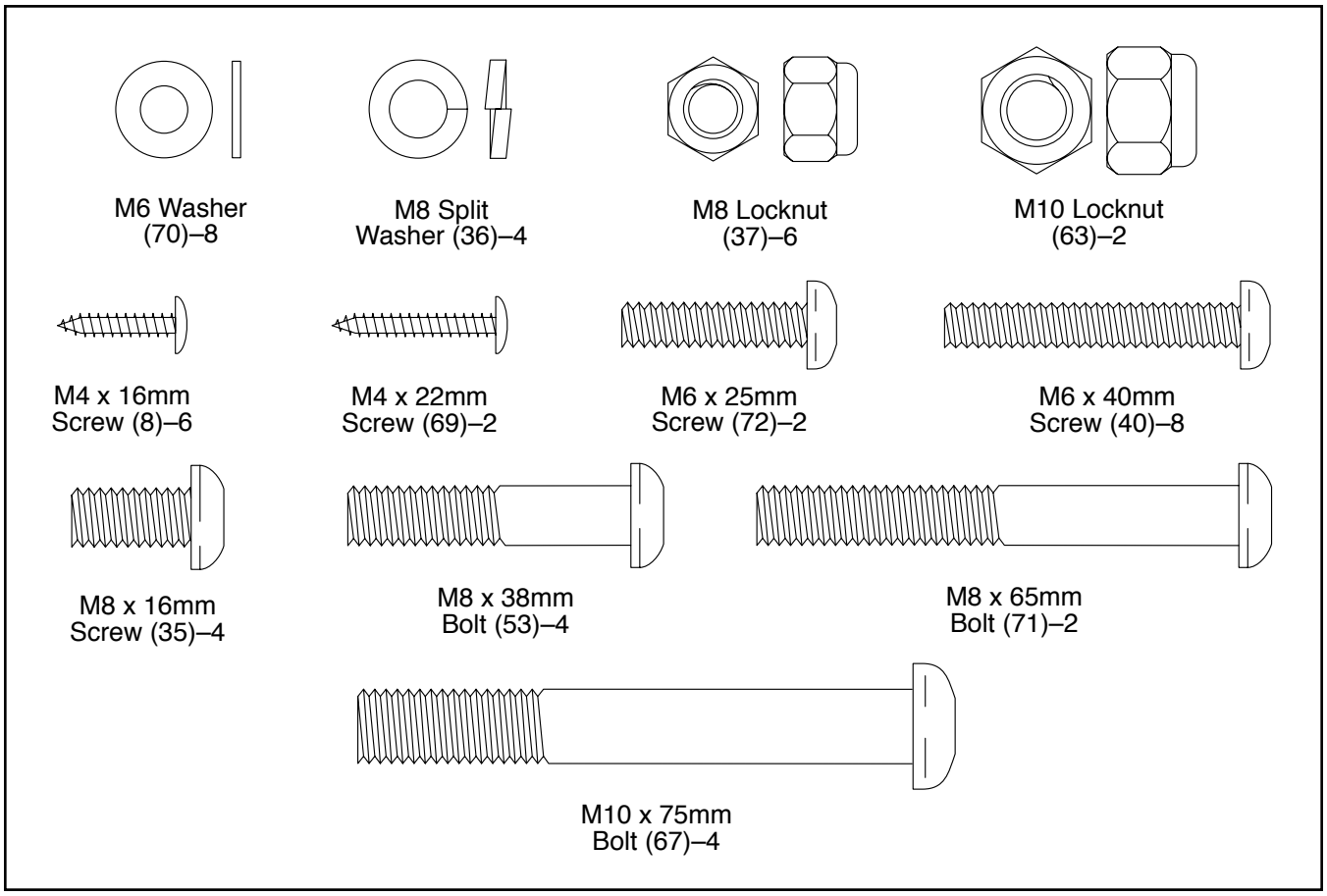
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



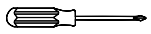
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**


M6 Washer (70)–8
M8 Split Washer (36)–4
M8 Locknut (37)–6
M10 Locknut (63)–2
M4 x 16mm Screw (8)–6
M4 x 22mm Screw (69)–2
M6 x 25mm Screw (72)–2
M6 x 40mm Screw (40)–8
M8 x 16mm Screw (35)–4
M8 x 38mm Bolt (53)–4
M8 x 65mm Bolt (71)–2
M10 x 75mm Bolt (67)–4

ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

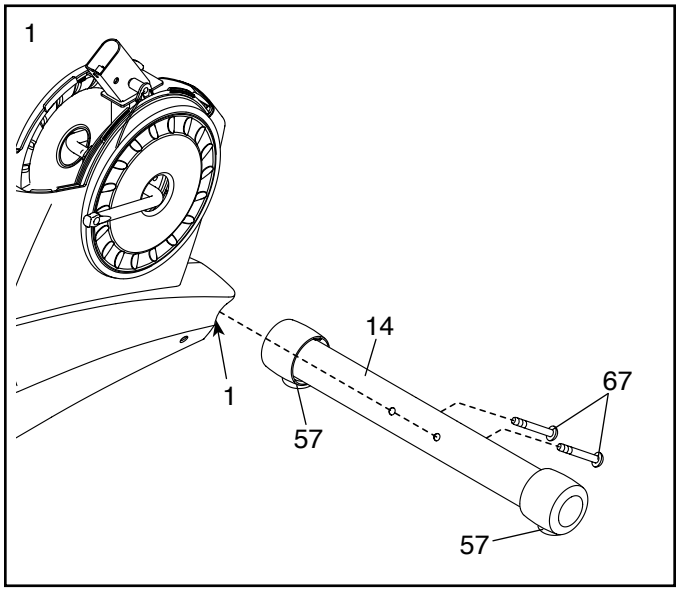
  one Phillips screwdriver 

  one adjustable wrench

  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Identify the Front Stabilizer (14), which has a Leveling Foot (57) near each end.

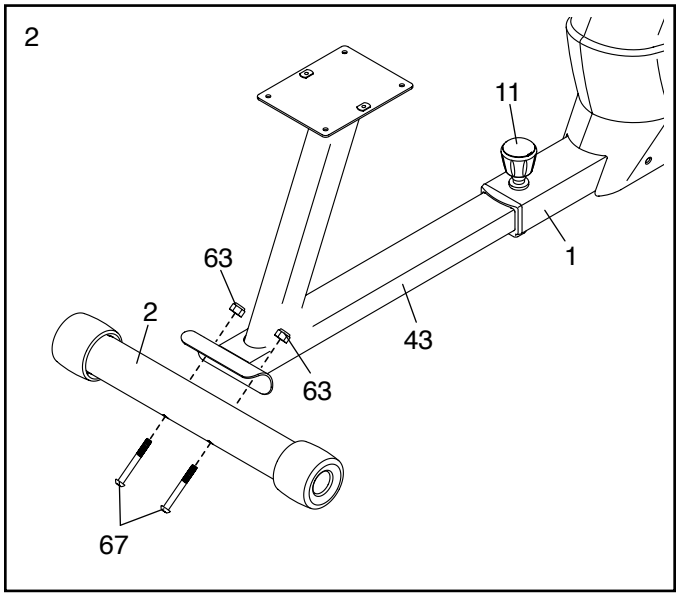
   While a second person lifts the Front Frame (1), attach the Front Stabilizer (14) to the Front Frame with two M10 x 75mm Bolts (67).



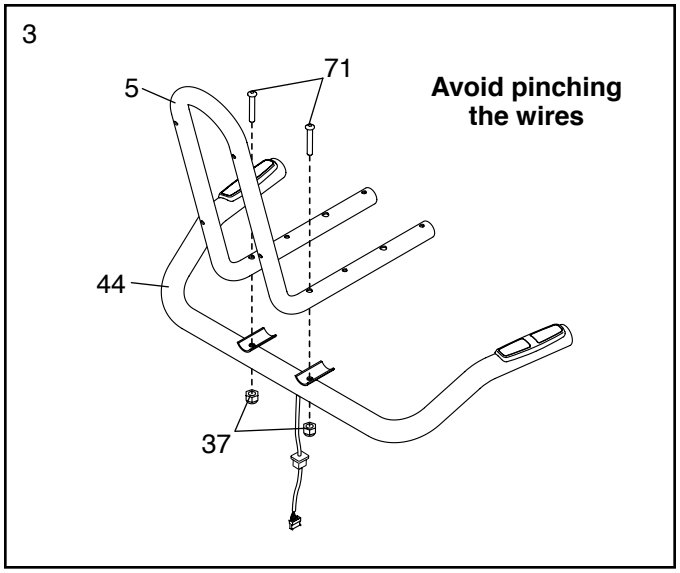
2. Loosen the Adjustment Knob (11), slide the Rear Frame (43) out of the Front Frame (1), and then retighten the Adjustment Knob.

   Note: After the exercise bike is assembled, see HOW TO ADJUST THE SEAT FRAME on page 12 and adjust the Seat (not shown) to the proper position.

   Attach the Rear Stabilizer (2) to the Rear Frame (43) with two M10 x 75mm Bolts (67) and two M10 Locknuts (63).



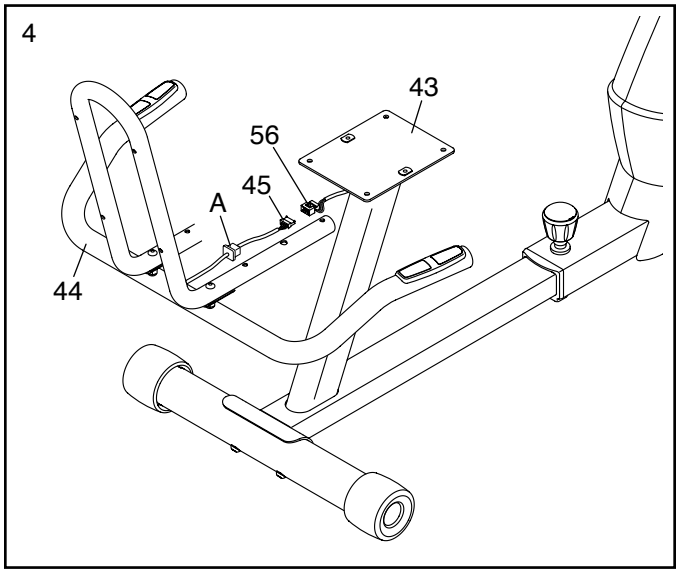
3. **Tip: Avoid pinching the wires.** Attach the Seat Frame (5) to the Seat Handlebar (44) with two M8 x 65mm Bolts (71) and two M8 Locknuts (37).



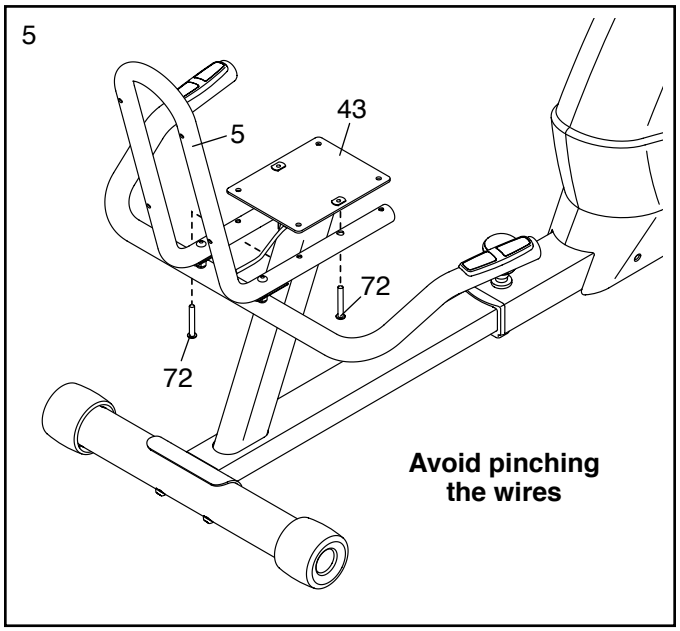
4. Have a second person hold the Seat Handlebar (44) near the top of the Rear Frame (43) until step 5 is completed.

   Connect the Contact Pulse Wire (45) to the Lower Pulse Wire (56).

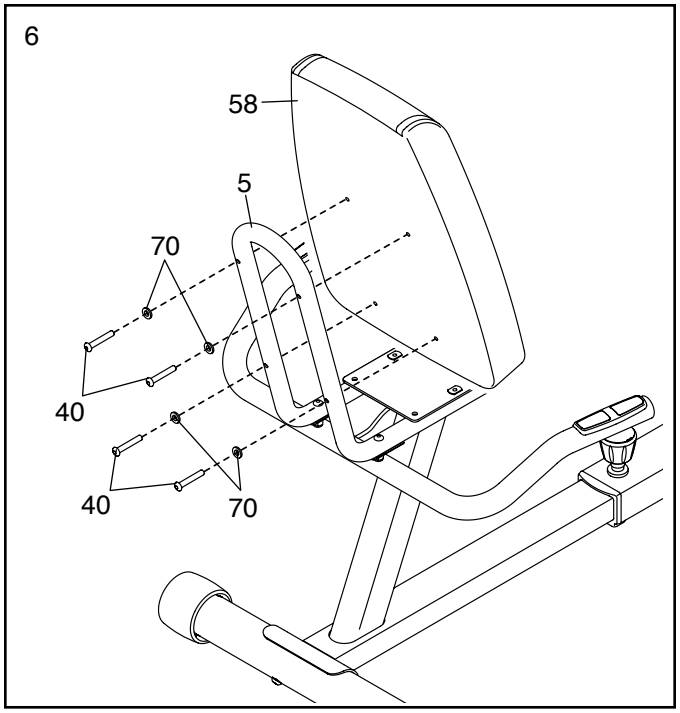
   Insert the Lower Pulse Wire (56) and the Contact Pulse Wire (45) into the Rear Frame (43). Then, press the grommet (A) into the hole in the Rear Frame.



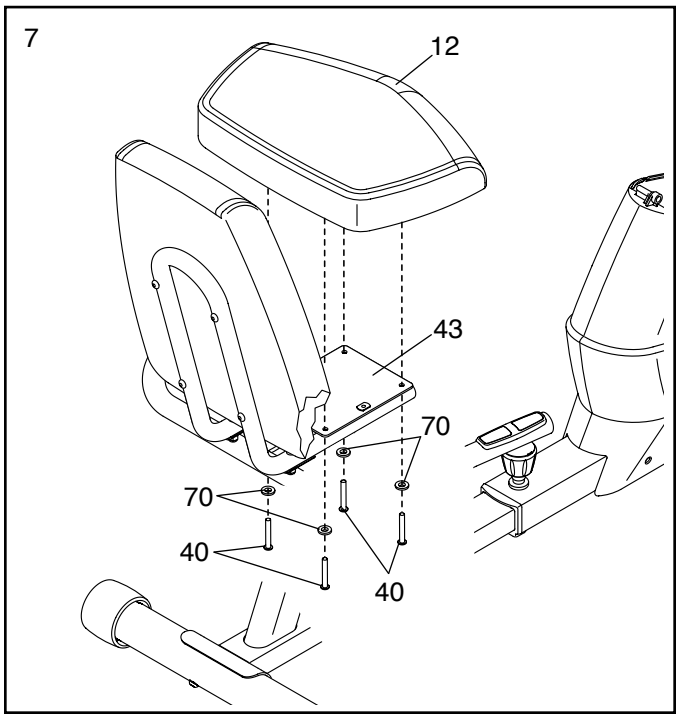
5. **Tip: Avoid pinching the wires.** Attach the Seat Frame (5) to the Rear Frame (43) with two M6 x 25mm Screws (72).



6. Attach the Backrest (58) to the Seat Frame (5) with four M6 x 40mm Screws (40) and four M6 Washers (70).



7. Attach the Seat (12) to the Rear Frame (43) with four M6 x 40mm Screws (40) and four M6 Washers (70).



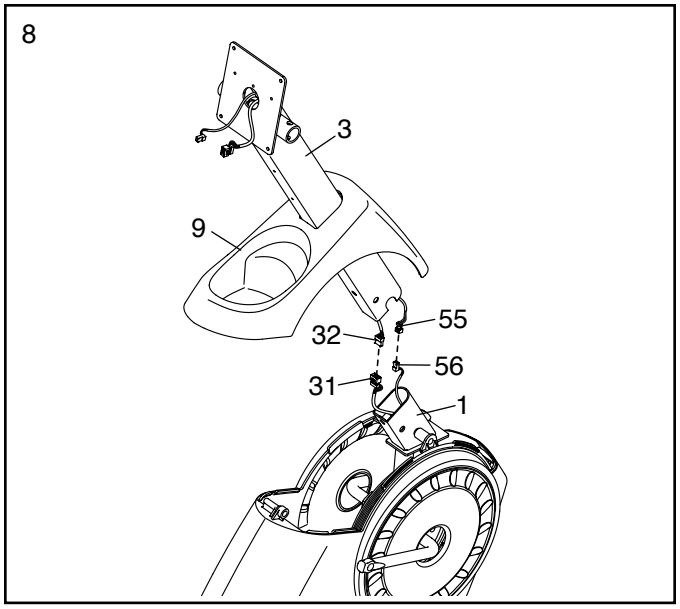
8. Orient the Upright (3) and the Top Shield (9) as shown. Slide the Top Shield upward onto the Upright.

   Have a second person hold the Upright (3) and the Top Shield (9) near the Front Frame (1).

   Connect the Upper Wire (32) to the Lower Wire (31). Then, connect the Upper Pulse Wire (55) to the Lower Pulse Wire (56).

   Insert the wires downward into the Front Frame (1).

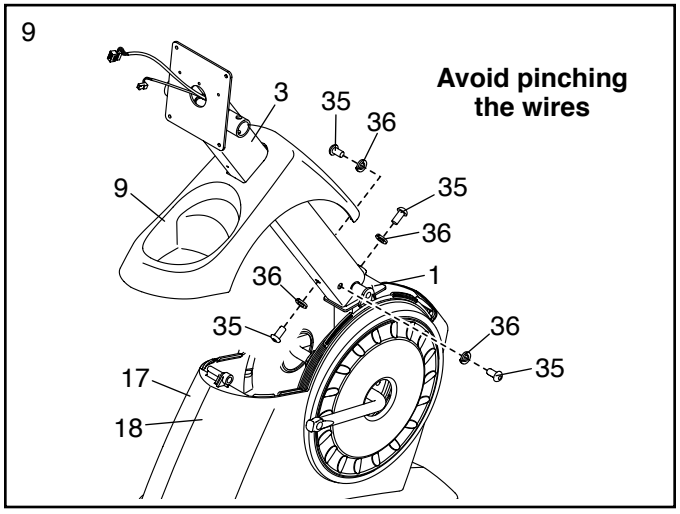
   Tip: To prevent the wires from falling into the Upright (3), secure the wires with a rubber band or tape.



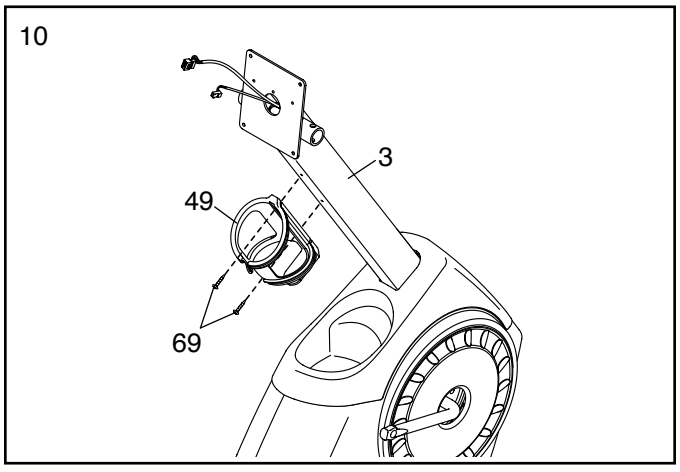
9. **Tip: Avoid pinching the wires.** Slide the Upright (3) onto the Front Frame (1).

   Attach the Upright (3) with four M8 x 16mm Screws (35) and four M8 Split Washers (36).

   Press the Top Shield (9) downward into the Left and Right Shields (17, 18).



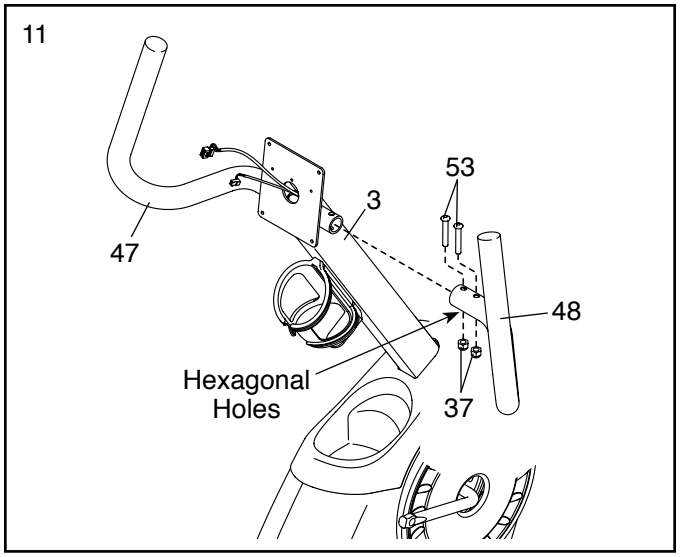
10. Attach the Water Bottle Holder (49) to the Upright (3) with two M4 x 22mm Screws (69).



11. Identify the Right Handlebar (48), which is marked with a “Right” sticker, and orient it as shown. **Make sure that the hexagonal holes are in the location shown.**

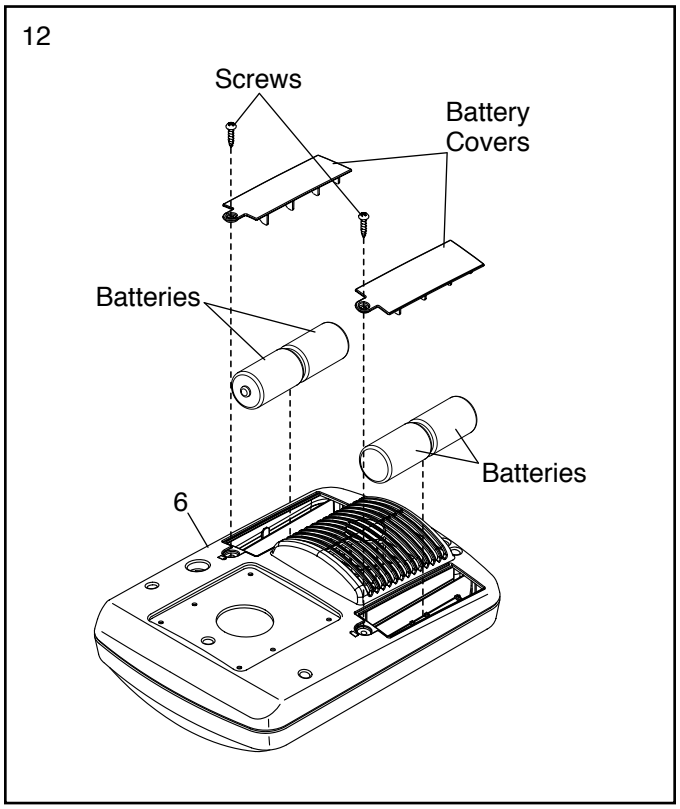
    Attach the Right Handlebar (48) to the right side of the Upright (3) with two M8 x 38mm Bolts (53) and two M8 Locknuts (37). **Make sure that the Locknuts are in the hexagonal holes.**

    Attach the Left Handlebar (47) in the same way.



12. The Console (6) can use four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screws and the battery covers, insert batteries into the battery compartments, and reattach the battery covers. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

    To purchase an optional power adapter, call the telephone number on the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power adapter. Plug one end of the power adapter into the receptacle on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.

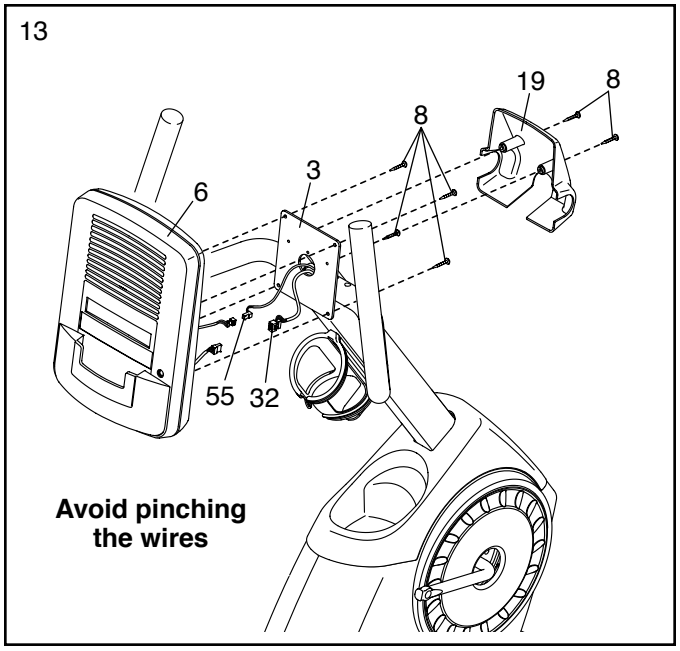


13. While a second person holds the Console (6) near the Upright (3), connect the wires on the Console to the Upper Wire (32) and to the Upper Pulse Wire (55).

    Insert the excess wire into the Upright (3) or into the Console (6).

    Tip: Avoid pinching the wires. Attach the Console (6) to the Upright (3) with four M4 x 16mm Screws (8).

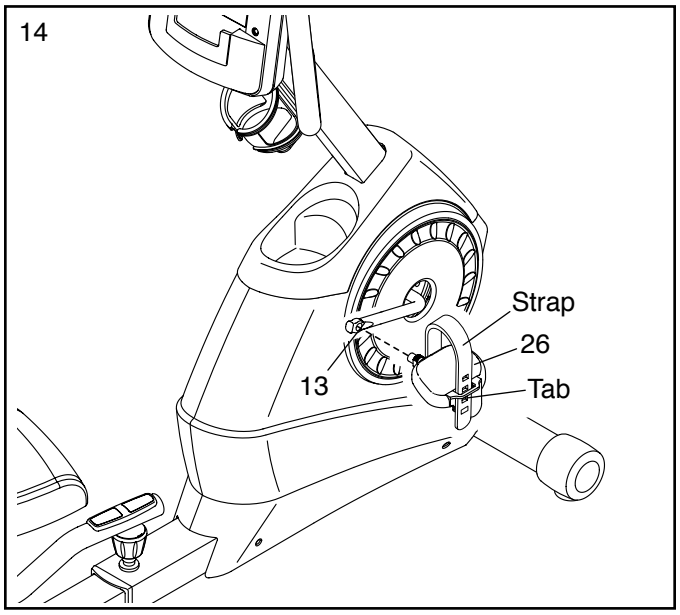
    Then, attach the Handlebar Cover (19) to the Upright (3) with two M4 x 16mm Screws (8).



14. Identify the Right Pedal (26), which is marked with an “R” sticker.

    Using an adjustable wrench, **firmly tighten** the Right Pedal (26) **clockwise** into the right arm of the Crank (13). Tighten the Left Pedal (not shown) **counterclockwise** into the left arm of the Crank.

    Adjust the strap on the Right Pedal (26) to the desired position, and press the end of the strap onto the tab on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



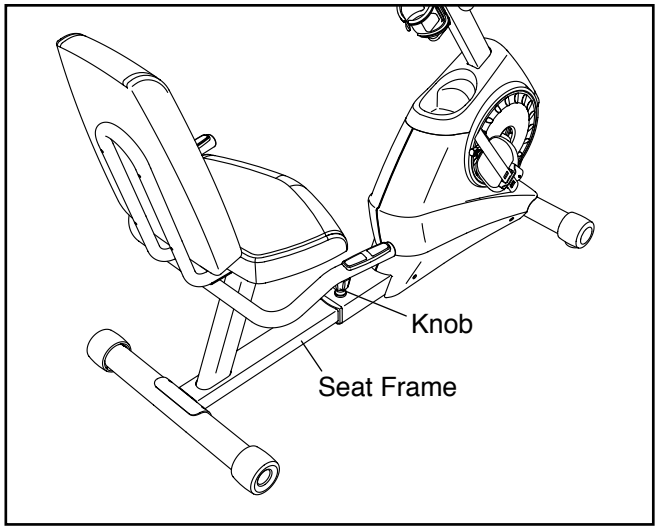
15. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE SEAT FRAME

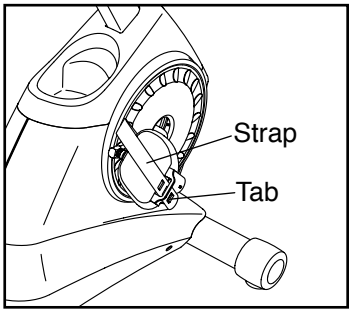
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position.

To adjust the seat frame, first loosen the adjustment knob on the front frame. Slide the seat frame forward or backward to the desired position. Then, retighten the adjustment knob.



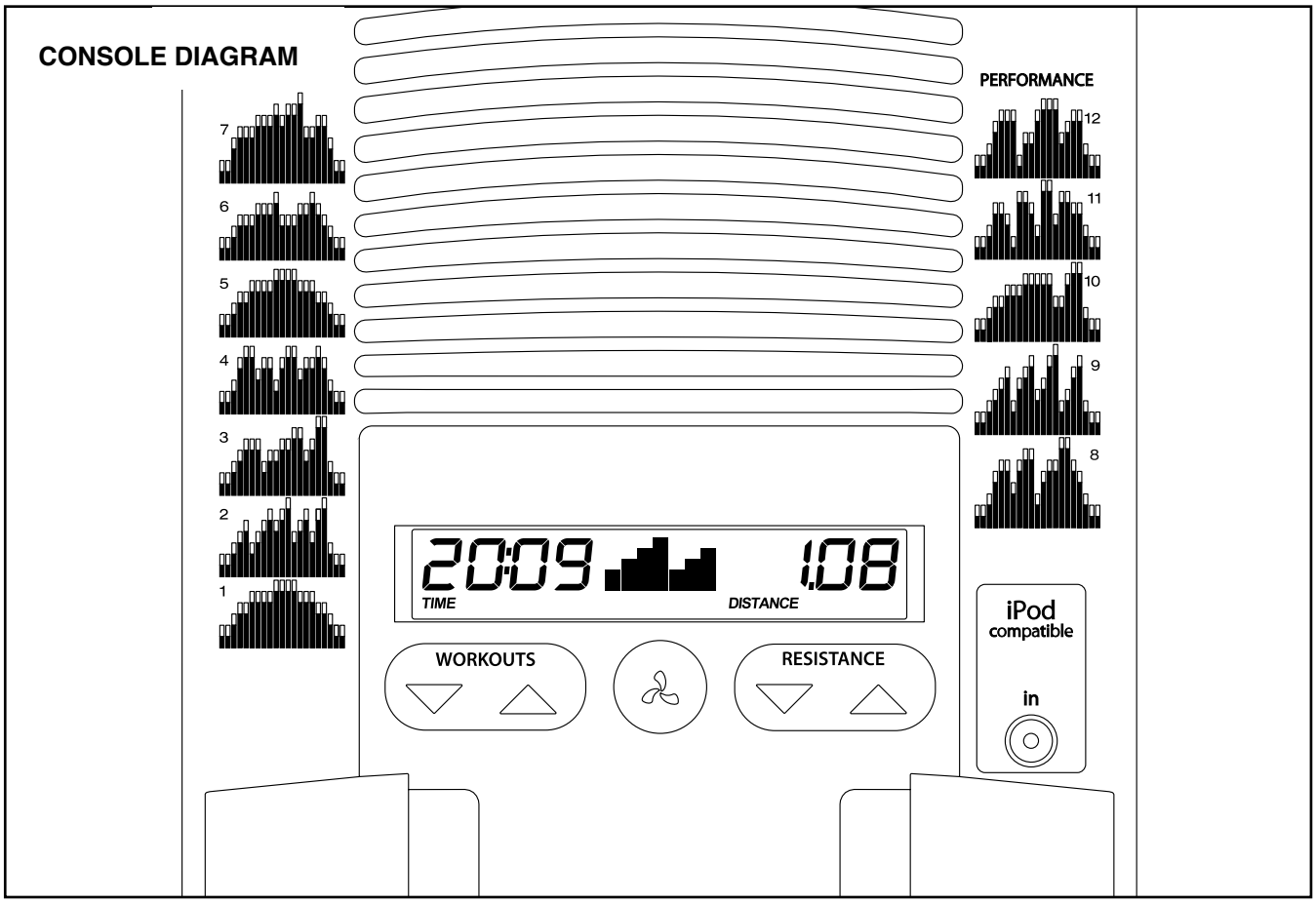
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet beneath the front stabilizer until the rocking motion is eliminated.



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

The console offers twelve preset workouts—seven weight loss and five performance workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 14. **To use a preset workout,** see page 16. **To use the sound system,** see page 17. **To use the user mode,** see page 17.

Note: Before using the console, make sure that batteries are installed (see assembly step 12 on page 10). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. **Turn on the console.**

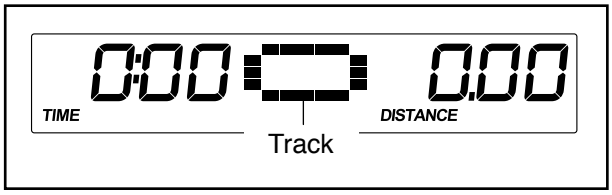
   Press any button or begin pedaling to turn on the console.

   When you turn on the console, the display will turn on. A tone will sound and the console will be ready for use.

2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected.

   If you have selected a workout, reselect the manual mode by pressing the Workouts increase or decrease button repeatedly until a track appears in the center display.

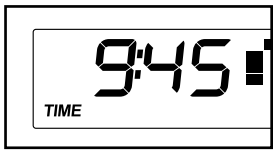


3. **Begin pedaling and change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

   Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

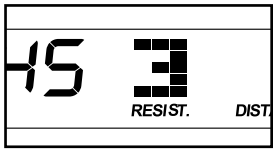
4. **Follow your progress with the display.**



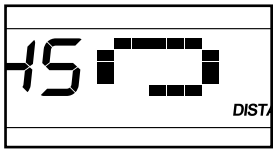
The left display–This display can show the elapsed time and the approximate number of calories you have burned. The display will change modes every few seconds.

Note: During a preset workout, the display will show the time remaining in the workout.

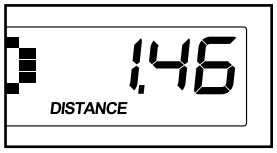
The left display will also show your heart rate when you use the handgrip heart rate monitor (see step 5 on page 15).



The center display–This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.



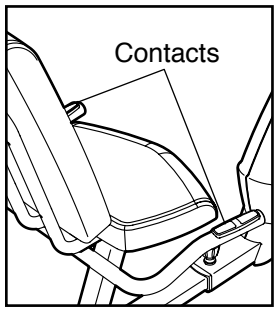
This display will also show a track representing 1/4 mile (400 meters). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The right display–This display can show the distance you have pedaled in miles or kilometers and your pedaling pace in miles per hour or kilometers per hour. The display will change modes every few seconds.

Note: The console can show pedaling speed and distance in either miles or kilometers. To change the unit of measurement, see THE USER MODE on page 17.

5. **Measure your heart rate if desired.**



If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, a heart-shaped symbol will flash in the display and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

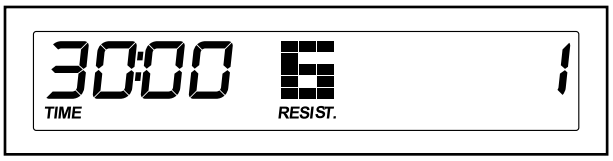
1. **Turn on the console.**

   See step 1 on page 14.

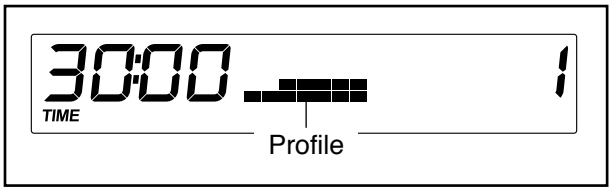
2. **Select a preset workout.**

   To select a preset workout, press the Workouts increase or decrease button repeatedly until the number of the desired workout appears in the right display.

   When you select a preset workout, the duration of the workout will appear in the left display, the maximum resistance level for the workout will flash in the center display, and the number of the workout will appear in the right display.



   After a few seconds, a profile of the resistance levels of the workout will scroll across the center display.



   Note: Complete profiles of the preset workouts are printed on the sides of the console.

3. **Begin pedaling to start the workout.**

   Each workout is divided into several one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

   If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

   To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

   Note: If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

4. **Follow your progress with the display.**

   See step 4 on page 14.

5. **Measure your heart rate if desired.**

   See step 5 on page 15.

6. **Turn on the fan if desired.**

   See step 6 on page 15.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 15.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

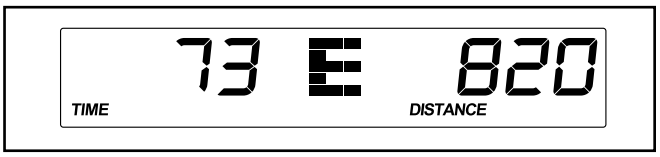
Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

THE USER MODE

The console features a user mode that allows you to select a unit of measurement for the console and to view console usage information.

To select the user mode, press and hold down the Fan button for a few seconds until the user mode information appears in the display.

The console can show pedaling speed and distance in either miles or kilometers.



The center display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the Resistance increase button repeatedly.

Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.

The left display will show the total number of hours that the console has been used since the exercise bike was purchased. The right display will show the total distance that the exercise bike has been pedaled.

To exit the user mode, press the Fan button.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

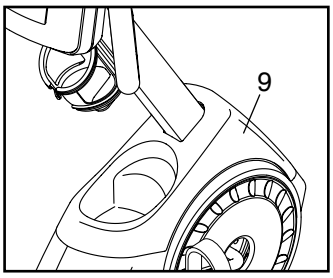
If the console display becomes dim, replace all the batteries at the same time; most console problems are the result of low batteries. To replace the batteries, see assembly step 12 on page 10.

If the handgrip heart rate monitor does not function properly, see step 5 on page 15.

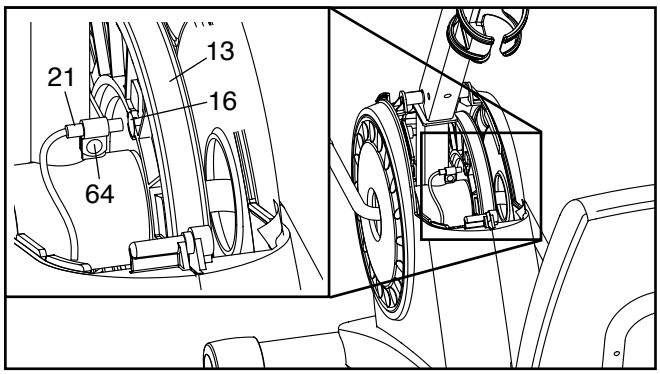
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must first remove the Top Shield (9). Using a flat screwdriver, release the tabs near the rear and front of the Top Shield. Then, slide the Top Shield upward.



Locate the Reed Switch (21). Turn the Pulley (13) until a Pulley Magnet (16) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 15mm Screw (64).



Slide the Reed Switch (21) slightly closer to or away from the Pulley Magnet (16), and then retighten the M4 x 15mm Screw (64). Turn the Pulley (13) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the top shield.

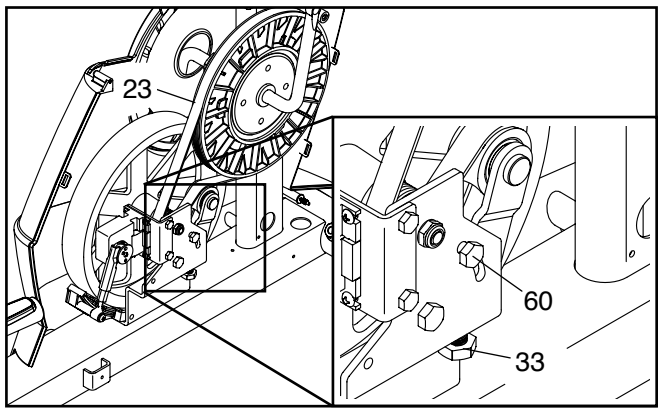
HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, you must remove the top shield, the right pedal, and the right shield (see the instructions below).

See the drawing at the left. Using a flat screwdriver, release the tabs near the rear and front of the Top Shield (9). Then, slide the Top Shield upward.

Next, using an adjustable wrench, turn the right pedal counterclockwise and remove it. Then, remove the screws from the right and left shields, and gently remove the right shield.

Loosen the M6 x 20mm Hex Screw (60). Then, tighten the M10 x 50mm Hex Screw (33) until the Drive Belt (23) is tight.



When the Drive Belt (23) is tight, tighten the M6 x 20mm Hex Screw (60).

Then, reattach the right shield, the right pedal, and the top shield.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♡
145	138	130	125	118	110	103	♡
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

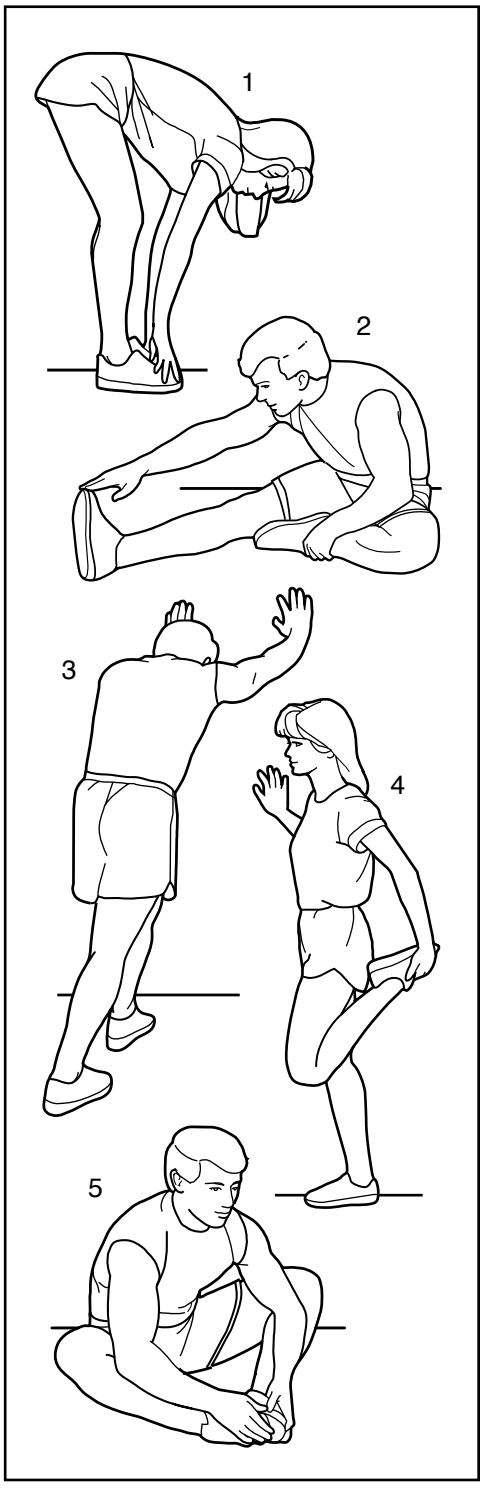
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

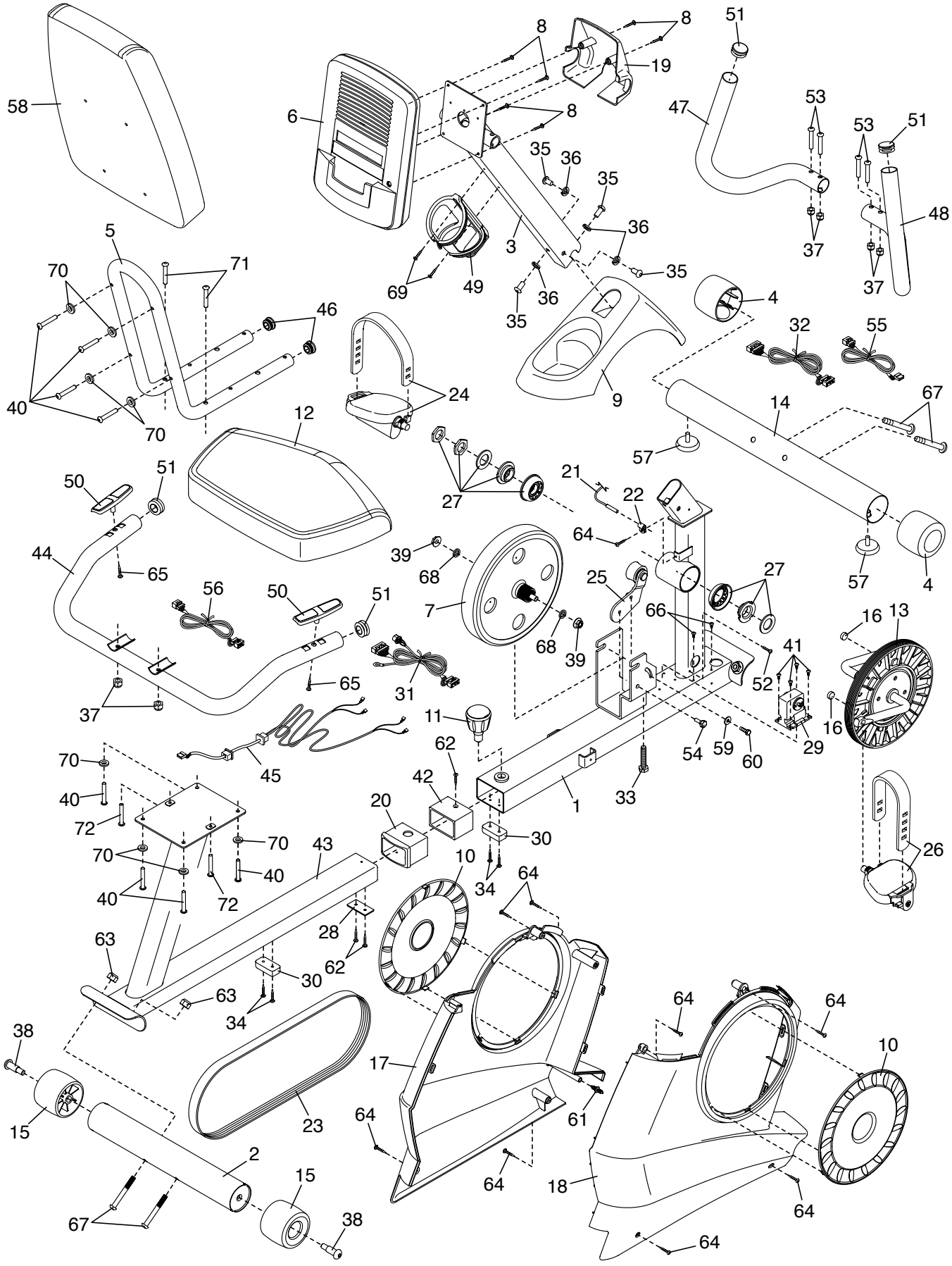
Model No. PFEX72411.1 R0712A

Key No.	Qty.	Description
1	1	Front Frame
2	1	Rear Stabilizer
3	1	Upright
4	2	Stabilizer Cap
5	1	Seat Frame
6	1	Console
7	1	Flywheel
8	6	M4 x 16mm Screw
9	1	Top Shield
10	2	Access Disc
11	1	Adjustment Knob
12	1	Seat
13	1	Pulley/Crank
14	1	Front Stabilizer
15	2	Wheel
16	2	Pulley Magnet
17	1	Left Shield
18	1	Right Shield
19	1	Handlebar Cover
20	1	Front Frame Bushing
21	1	Reed Switch/Wire
22	1	Clamp
23	1	Drive Belt
24	1	Left Pedal/Strap
25	1	Idler
26	1	Right Pedal/Strap
27	1	Crank Bearing Set
28	1	Frame Stop
29	1	Resistance Motor
30	2	Frame Foot
31	1	Lower Wire
32	1	Upper Wire
33	1	M10 x 50mm Hex Screw
34	4	M4 x 16mm Blunt Screw
35	4	M8 x 16mm Screw
36	4	M8 Split Washer
37	6	M8 Locknut
38	2	M10 x 41mm Shoulder Screw
39	2	M10 Flange Nut
40	8	M6 x 40mm Screw
41	4	M4 x 7mm Screw
42	1	Rear Frame Bushing
43	1	Rear Frame
44	1	Seat Handlebar
45	1	Contact Pulse Wire
46	2	Seat Frame Cap
47	1	Left Handlebar
48	1	Right Handlebar
49	1	Water Bottle Holder
50	2	Contact
51	4	Handlebar Cap
52	1	M4 x 13mm Screw
53	4	M8 x 38mm Bolt
54	1	M6 x 15mm Shoulder Screw
55	1	Upper Pulse Wire
56	1	Lower Pulse Wire
57	2	Leveling Foot
58	1	Backrest
59	1	M6 x 18mm Washer
60	1	M6 x 20mm Hex Screw
61	1	Double Tree Fastener
62	3	M4 x 16mm Flat Head Screw
63	2	M10 Locknut
64	9	M4 x 15mm Screw
65	2	M3.8 x 20mm Round Head Screw
66	2	M4 x 10mm Screw
67	4	M10 x 75mm Bolt
68	2	M10 Washer
69	2	M4 x 22mm Screw
70	8	M6 Washer
71	2	M8 x 65mm Bolt
72	2	M6 x 25mm Screw
*	–	User's Manual
*	–	Assembly Tool

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING

Model No. PFEX72411.1 R0712A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

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